> 08 Door to new homes

> 11 Fun Free fireworks

> 14 Half-term activities

thenewhammag

issue 327 // 23 October – 5 November 2015 // Every fortnight

For the Fallen

Saluting bravery on Remembrance Sunday (p12)

What's on in Newham

Now available

- Find out what's on your doorstep with a swipe of your finger
- Activities and events info for every member of the family
- Get the latest Newham event information delivered to your phone
- Free to download
- Available on Apple and Android software

Visit **www.newham.gov.uk/communityevents**

©Newham Council Communications 03689

Newham London

the newham mag

Look out for the next issue from **6 November**
View the mag online at **www.newham.gov.uk/mag**

contents

23 October 2015 // **issue 327**

The housing crisis is a huge issue facing London, and Newham is no exception. In this issue, you can read how Red Door Ventures, set up by the council, is helping to provide the solutions to our housing needs (p8).

At this time of year our minds turn to remembrance and the services being held across the borough to commemorate those touched by war (p12). It's also the fireworks season, and we're urging residents to stay safe while celebrating (p11). Our libraries and community neighbourhood centres provide vital facilities to our residents, and act as the venue for some excellent free classes (p17).

We're pleased to be able to announce that we are extending the opening hours for libraries in the borough to help you take advantage of all they have to offer (p23).

Finally, the former Olympic Stadium is an iconic venue which attracts world class events – don't miss out on two excellent sporting spectacles coming to the stadium in the coming weeks (p18).

Councillor Andrew Baikie
Mayoral adviser for Housing

Keep in touch with Newham Council via:

www.newham.gov.uk
@NewhamLondon
www.facebook.com/newhamcouncil

To contact the *Newham Mag* team email
newham.mag@newham.gov.uk
or call **020 3373 1517**
PUBLICATIONS OFFICER: Maxwell Baker
STAFF PHOTOGRAPHER: Andrew Baker

To advertise in the Mag call
Julie Madell on **07890 529 090**

If you do not receive the *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered.

The *Newham Mag* is printed on 100 per cent recycled paper by Garnett Dickinson Print Ltd and distributed by Letterbox Distribution.

Regulars

04 **NEWS** – two pages of news from across the borough
06 **MAYOR'S VIEW** – news from Sir Robin Wales
20 **NEWHAM IN PICTURES** – your fortnight in photos
24 **WORKING LIVES** – Anita and Me comes to Stratford
29 **OUR NEWHAM** – competitions and community news
32 **KIDS CORNER** – pictures and puzzles for our younger readers
34 **WHAT'S ON** – five pages of activities and events, most of them free

08

14

19

24

Features

08 **UNLOCKING NEW HOMES** – a new development from Red Door ventures
11 **GOING WITH A BANG** – stay safe this Autumn
12 **SALUTING THE FALLEN** – remembrance services in Newham
14 **HALF-TERM FUN** – stay active over the school holiday
17 **TIME FOR TECHNOLOGY** – older residents getting tech savvy
18 **RACE OF CHAMPIONS** – speeds into the former Olympic Stadium
19 **TAKE YOUR SEATS** – a Rugby League offer for residents
23 **OPEN ALL HOURS** – library opening hours extend
27 **GET COMPOSTING** – make the most of your garden waste

Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

IN BRIEF //

Give flu the needle

NHS Newham Clinical Commissioning Group (CCG) and Newham Council are urging residents to protect themselves this winter with a flu vaccination.

The NHS makes the vaccine available free to people aged 65 or over, pregnant women, people with certain long-term health conditions, children aged two to four and some people with care responsibilities.

The vaccine is updated every year to combat the latest flu strains so even if people had the jab last year, they need to have it again. All GP surgeries and many pharmacies offer the jab free.

GP Prakash Chandra, chair of Newham CCG, said "Flu has the potential to be really serious. That's why it's important people at risk make an appointment with their GP to get their jab."

Details on whether you should get the injection and common questions about the injection are available at **www.nhs.uk**

Fireworks sale warning

Newham Council's enforcement officers are warning shopkeepers that they face prosecution if they are caught selling fireworks to children in the run up to Bonfire Night and Diwali.

It is illegal to sell adult fireworks or sparklers to anyone under 18 and for anyone under 18 to possess adult fireworks in a public place. If convicted traders could each face fines of up to £5,000 or a prison sentence of up to six months. You could also get an on-the-spot fine of £90.

Shops selling fireworks are being visited by officers who are offering advice on the sale of age-restricted goods generally.

Cllr Unmesh Desai, Cabinet member for crime and anti-social behaviour, said: "We will take swift and severe action against anyone who is found selling age restricted goods to young people. Rules are in place to protect youngsters from harm."

Do your bit, use the kit!

East Ham MP Stephen Timms and Newham councillor Frances Clarke visited Blakeberry Pharmacy in High Street South, East Ham, to support a project that is training pharmacists to promote bowel cancer screening kits.

Mr Timms and Cllr Clarke, second right, promoting the kits

The NHS offers free screening every two years to all residents aged 60 to 74 who are registered with a GP. Mr Timms was 60 in July and is one of more than 7,000 Newham residents who have already returned their kit in the post.

Councillor Clarke, Cabinet member for financial inclusion and health promotion, said: "Spotting cancer early can save lives. All eligible residents should return their kit as soon as they can."

If you're aged 60 to 74 and haven't received a kit in the post, or if you have lost it, call **0800 707 6060**. Alternatively drop into your local pharmacy to find out more.

Record response to budget consultation

Newham Council received more than 3,700 responses to its Budget Challenge consultation – the biggest response to a borough-wide consultation the council has ever received.

The Mayor and Cllrs Pat Holland and Idris Ibrahim gathering views

There were 1,264 face-to-face interviews and 2,447 responses to the eight-week online and paper questionnaires. The council has to make £50 million of savings next year as a result of cuts to its funding by the Government and other cost pressures. The consultation sought residents' views on services that matter most to them.

As well as an online questionnaire the council organised public meetings and held street stalls to help residents find out more. The consultation responses will be reported to a meeting of the council's Cabinet in December.

Mayor Sir Robin Wales said: "The challenge we face is tremendous, but we will continue to do all we can to defend our residents from these unfair and savage Government cuts."

News

Spruce-up for eyesore sight

Residents and councillors from Newham's Green Street Community Neighbourhood joined with workers from BT to clean up an overgrown piece of derelict land in Boleyn Road, Upton Park.

Working with charity The Sheba Project, the volunteers pulled weeds, cut down bushes and picked up rubbish to prepare the community space for people to plant their own vegetables and flowers. As a thank you they all enjoyed a home cooked Indian lunch.

Councillors Tahmina Rahman and Hanif Abdulmuhit joined in. Councillor Abdulmuhit, lead member for Green Street, said: "Big thanks to all involved. We will use the space for projects involving schools and residents."

Aisha Siddiqah, chair of The Sheba Project, said "This was a fantastic example of residents, Newham Council and BT all working together to transform a derelict piece of land that was a dumping ground for rubbish and an eyesore."

The volunteers in action

Thousands give fanzone a try

Almost 70,000 people visited Newham's Fanzone at Queen Elizabeth Olympic Park to celebrate Rugby World Cup 2015 by watching matches on the big screen or by joining in fun activities.

More than 200,000 people from all over the world visited the former Olympic Stadium for four Tournament matches with one still to be played there. Mayor Sir Robin Wales said: "When we were awarded the honour of hosting Rugby World Cup 2015, we said we would put on a great party and we have proved it."

With the Tournament now at the semi-final stages, attention has switched from Queen Elizabeth Olympic Park to fanzones in Twickenham and Trafalgar Square.

The Newham Fanzone next opens on 30 October when the prestigious Bronze Final takes place at the former Olympic Stadium.

Ireland and Italy fans in the zone

Tribute to 'community champion'

Newham Council has paid tribute to Boleyn Ward councillor Charity Fiberesima who died earlier this month.

Councillor Fiberesima had been an elected member for five years. Mayor Sir Robin Wales said: "On behalf of Newham councillors, our staff and residents, I offer our condolences to Charity's family and friends at this sad time."

Charity, 63, from Plaistow, a mother of six and grandmother of two, was first elected as a Labour councillor in Plaistow South Ward in 2010 and then Boleyn Ward in 2014.

Added Sir Robin: "Charity's hard work on behalf of those who elected her as well as her wider contribution for the people of Newham will not be forgotten. She was dedicated to supporting and mentoring young people and particularly keen to set up projects and events to divert them from crime and anti-social behaviour. We have lost one of our true community champions."

Cllr Fiberesima

Proud to say we remember

For me Remembrance Sunday is a poignant time of the year, linking us with those who fight in the conflicts of today and with those who did so in times past. We must never forget the extraordinary courage and dedication of them all. Our thoughts will always remain with the families and friends of those we have lost.

> "They were ordinary people who responded in extraordinary ways to defend our freedoms and way of life."

At the four Remembrance Sunday services in Newham on 8 November we will honour our heroes, remember their achievements and say thank you for their sacrifices during two World Wars and conflicts since. I'll be at the Cenotaph in East Ham's Central Park alongside members of the Royal British Legion, G Company 7 Rifles, and others from our uniformed and cadet services. It will be an honour to stand alongside those who have nobly served and continue to do so.

Now, as they did before, they represent all walks of life, but share the same quality – a dedication to duty and a willingness to serve a cause larger than one's self. Many of them didn't ask to leave their homes to fight on distant battlefields. They didn't go to war because they loved to fight. They were called to be part of something bigger than themselves. They were ordinary people who responded in extraordinary ways to defend our freedoms and way of life.

There will be many at our services who will be wearing medals. You can also read the names on our memorials of those who fell, and we will honour their bravery. But we should also never forget that nothing replaces the hole left behind by a lost family member and no amount of medals can comfort the ones left behind.

To those veterans of the services joining us on Remembrance Sunday I thank you for answering the call of duty. To members of our Reserve units, we salute you.

I hope as many residents as possible can attend one of our services. It is a way to say we remember. To those who continue to serve it is a way to say thank you.

At last year's ceremony

With G Company 7 Rifles

Mayor's view

Opening the door to new homes

Last week I launched Moda, the first housing development delivered by Red Door Ventures, the company we set up last year to increase the supply of quality homes in the borough.

The apartments are of a high specification and are in a fantastic location, with excellent transport links and in close proximity to Queen Elizabeth Olympic Park and Westfield Stratford City.

> "If Newham is to achieve its potential and our residents are to flourish, then we must demand – and lead – a once in a generation house building revolution."

With managing director of Red Door Ventures Chris Wood and councillors

Launching Red Door Ventures is a key part of our strategy for tackling the housing crisis. Newham is at the forefront of this crisis, which is particularly acute in the private rented sector. There simply aren't enough high quality homes available for our residents. For many this means crippling rents and homes which are cramped, unsafe and downright inhumane. This is why we introduced our private sector licensing scheme, which has been a huge success and has helped to improve standards across the borough.

The core of the problem however, is a lack of supply. Red Door Ventures was set up to combat this. If Newham is to achieve its potential and our residents are to flourish, then we must demand – and lead – a once in a generation house building revolution.

Our vision is to create a new housing offer – stable, reliable and high quality homes to rent, which will be let by a good landlord tenants can trust. These Moda homes are just the beginning and there are more developments in the pipeline in various locations around the borough.

Because the council owns Red Door Ventures, it won't be private individuals who profit but the community as a whole. We will be able to reinvest any profits in the services our residents rely on. My ambition is that we will be able to use this profit to subsidise affordable homes in Newham. I look forward to watching Red Door develop even further and making this ambition a reality.

> "I look forward to watching Red Door develop even further and making this ambition a reality."

with Sir Robin Wales

COMPANY IS KEY TO UNLOCKING NEW HOMES

Housing is the key driver to achieving Newham's vision of a place where people choose to live, work and stay. Having quality homes available to rent from a trustworthy landlord is therefore particularly important.

Moda is the first development from Red Door Ventures, a Newham Council-owned company. Red Door Ventures was set up by the local authority to increase the supply of housing in the borough. A further three developments are in the pipeline with plans to be on site later this year.

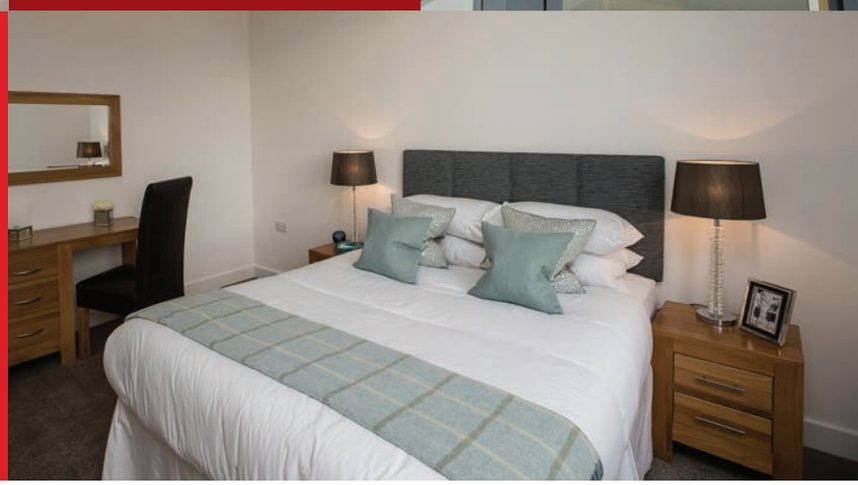
Mayor Sir Robin Wales launched Moda, which is located in Abbey Road, at a ceremony involving Chris Wood, managing director of Red Door Ventures. Moda consists of 36 high specification apartments. Most feature floor to ceiling glazing with dual aspect views and large private balconies leading from the living room.

To ensure the design quality, the apartments have been built using an off-site timber frame construction method. The homes will satisfy the standards in the Code for Sustainable Homes because they offer high levels of energy efficiency and reduced running costs. They will also have Secure by Design certification, which is a police initiative to ensure new homes are designed with high security standards to help prevent crime.

As a private company, Red Door Ventures operates on an independent commercial basis. Any profit made by the company will be used by the council to reinvest in services. To finance the early stages of the programme of development, the council is providing loans to the company as a commercial investment.

> "With the chronic housing crisis in London and a real demand for high quality private rent, Moda is the first step to addressing this problem"

Sir Robin and Chris Wood



Cllr Andrew Baikie, mayoral adviser for housing said: "The delivery of these new homes by Red Door Ventures is the council's direct response in tackling the housing crisis which is particularly acute in the private rented sector. It is great to see the progress made by the company since it launched last year. Moda is a high quality development which will offer stable and reliable rented accommodation which will be let by a landlord tenants can trust. I look forward to seeing future developments built in Newham by Red Door Ventures."

Chris Wood said: "We are delighted the Mayor was able to officially launch our first scheme. With the chronic housing crisis in London and a real demand for high quality private rent, Moda is the first step to addressing this problem.

"Newham is one of the fastest growing boroughs in terms of house price growth according to recent Land Registry figures. We are acutely aware of the need to help deliver better housing choices to the local area. We aim to do this through the thousands of new homes we hope to build in future in Newham and beyond."

The apartments will be completed in November 2015 and are expected to be available at a rent ranging from £1,500 to £1,650 per calendar month. For more information, contact Hera Management Services on 0345 6838812 or email reddoor@heramanagementservices.co.uk

MEET THE BUYER EVENT HOSTED BY BOUYGUES UK

Following the successful completion of Phase 1 of the Hallsville Quarter regeneration project Bouygues UK has now started work on Phase 2 which will consist of 349 apartments, a 196 bedroom hotel and two basement car parks. Hallsville Quarter is the new £600 million town centre that is being created to establish a lasting legacy for Canning Town.

We are hosting a **Meet the Buyer** event on **27 October 2015 from 9am to 1pm.**

Bouygues UK
4 Silvertown Way
London
E16 1ED

We would like to welcome any local construction subcontractors and suppliers to discuss opportunities on this exciting project.

For further details please contact Edmund Brown:
0207 803 3757 or edmund.brown@bouygues-uk.com
www.bouygues-uk.com

Newham London

BOUYGUES UK

www.hallsvillequarter.co.uk

BIRMINGHAM REPERTORY THEATRE COMPANY
in association with THEATRE ROYAL STRATFORD EAST present

Anita and Me

A PLAY WITH ORIGINAL MUSIC

By MEERA SYAL
Adapted by TANIKA GUPTA

29 OCT - 21 NOV

020 8534 0310

STRATFORD EAST.COM

THEATRE ROYAL STRATFORD EAST
GERRY RAFFLES SQ, E15 1BN

...a people's theatre

Supported using public funding by ARTS COUNCIL ENGLAND

Newham London

Paul Hamlyn Foundation

sponsored by telfordhomes
www.telfordhomes.plc.uk

Going with a bang!

As the nights draw in and winter arrives, the seasonal celebrations of Guy Fawkes' Night and Halloween are once again upon us. The Hindu festival of Diwali will also take place later next month.

However you're celebrating this season, make sure you stay safe, and follow our guide to the safe use of fireworks.

Remember, remember…

- only buy fireworks marked with the British Standard Kitemark BS7114
- don't drink alcohol if you're setting off fireworks
- keep fireworks in a closed box
- follow the instructions on each firework
- light fireworks at arm's length, using a taper
- never go near a firework that has been lit. Even if it hasn't gone off, it could still explode
- never put fireworks in your pocket or throw them
- always supervise children around fireworks and sparklers
- light sparklers one at a time – and wear gloves
- never give sparklers to a child aged under five, and remember that sparklers can stay hot after they've been put out
- keep pets indoors.

It is against the law for anyone to set off fireworks between 11pm and 7am, except on Guy Fawkes Night (November 5) when the cut-off is midnight and on Diwali (November 11), when the cut-off is 1am.

Newham Council works with the police, London Fire Brigade to tackle anti-social behaviour and ensure your safety. If you witness any crime or anti-social behaviour or know of any illegal bonfires being built please get in touch:

- **Call our Enforcement and Safety Team on 020 8430 2000**
- **email asb@newham.gov.uk**
- **visit www.newham.gov.uk**

To report non-emergency crime call 0300 123 1212. In an emergency call 999.

Come along to Newham's free Guy Fawkes Night fireworks display on Sunday 1 November at Wanstead Flats, Centre Road, Forest Gate E7. Gates open 5.30pm for 6.30pm start. Display is set to music celebrating 50 years of Newham.

50 Years of Newham

Buses: 58, 101, 308, 328, 330, W19 (some routes may be diverted because of temporary road closures).

Rail: Wanstead Park or Forest Gate. Bicycle racks will be available.

Check www.newham.gov.uk/fireworks for updates

Saluting the fallen

Remembrance Sunday is a memorial day held each year on the Sunday nearest to Armistice Day (11 November) to commemorate all those who died for their country since the end of World War 1. On Sunday 8 November members of G Company 7 Rifles will join Newham residents to reflect on the sacrifices made by men and women from our armed services in conflicts past and present.

Four services are taking place across the borough. Lt Col James Bryant, commanding officer of 7 Rifles of which G Company based at the Army Reserve Centre in West Ham is part, said: "Remembrance Sunday is very important to us. It marks the sacrifice made by so many of our forebears in the defence of our country. It is our chance to remember and commemorate them.

"We are deeply honoured to be doing so alongside the people of Newham. The connection between the community and the military is fundamental. It is from the community that we draw our strength, and it is for the community that we do what we do. Whilst Remembrance Sunday is inevitably tinged with sadness as we remember those who have fallen, it is also a moment of great pride that we parade as a living reminder of those heroic citizens who gave their lives for all of us."

"We will continue our proud tradition of commemorating the contribution of those servicemen and women, and civilians, who gave their lives for our country's cause and for the freedom of others"

Mayor Sir Robin Wales said: "We will continue our proud tradition of commemorating the contribution of those servicemen and women, and civilians, who gave their lives for our country's cause and for the freedom of others.

"We will remember those who died in both World Wars and more recent conflicts such as in Iraq and Afghanistan. We must never forget what they have done for us, and continue to salute the bravery of those who continue to protect us from harm."

Remembrance Sunday 8 November

Mayor Sir Robin Wales will attend a service at East Ham Cenotaph in Central Park, E6. Members of the Royal British Legion and G Company will lead a procession at 10.30am from the Town Hall in Barking Road, along High Street South and into Central Park, where the ceremony at the Cenotaph will begin at 10.55am. The service will be conducted by the Rev Fred Ashford-Okai.

Deputy Mayor Councillor Lester Hudson will attend a service at All Saints West Ham Parish Church, Church Street, E15. The service will commence at 10.30am and guests are asked to be seated by 10.20am. It will be conducted by the Rev Stennett Kirby.

There is also a service at St Mark's Memorial on Factory Road, E16, in the grounds of Brick Lane Music Hall. This will be attended by Councillor Paul Sathianesan, Deputy Chair of Newham Council. The ceremony, conducted by the Rev John-Princeley Croos, is scheduled to take place at 10.55am. Members of the Royal British Legion will parade from the Legion Branch in Constance Street to Factory Road, North Woolwich, E16 at 10.20am.

Councillor Joy Laguda, Chair of Newham Council, will attend a service led by Rev Dave Wade at St Luke's Memorial, Tarling Road, Canning Town, E16, commencing from 10.30am.

Saturday 7 November

On the day before Remembrance Sunday, Mayor Sir Robin Wales will join officials from West Ham United in observing the anniversary of the Armistice by laying a wreath on the pitch at the Boleyn Ground in Upton Park ahead of the home game against Everton. It also remembers the West Ham Pals, the 13th Service Battalion of the Essex Regiment, a volunteer section formed by Hammers supporters in 1914.

Armistice Day Wednesday 11 November

This year it is 70 years since the end of the Second World War and 11 November is also the 97th anniversary of the Armistice, the agreement in which Germany surrendered and so ended hostilities on the Western Front.

A service of remembrance will be observed on Wednesday 11 November at 10.45am at the Cenotaph in Central Park, East Ham. A two-minute silence will take place at 11am. Schools taking part include St Helen's Primary, St Antony's Primary, St Francis' Primary, St Michael's Primary, St Winefride's Primary, St Edward's Primary, St Joachim's Primary, St Bonaventure's, and St Angela's Ursuline.

For more information visit www.Newham.gov.uk/remembrance

Keep active this half-term **with activeNewham**

Newham Council's leisure provider, activeNewham, are providing a fantastic programme of activities this half-term, bringing together the very best that is on offer from our leisure centres, sports facilities and parks.

FREE Highlights

Swimming

If you are a Newham resident aged under 16 or over 60, you can swim for free at all of Newham's leisure centres during public swimming sessions. There are fun swimming sessions every day of the holiday for the whole family to take part in. Ask for more information from your local leisure centre.

Get Active Outdoors

Throughout the half-term there are sports and activity sessions taking place in the largest parks in Newham. Learn football or tennis skills, hula-hooping, games like dodgeball or join an expedition to explore the park. No need to book – just turn up and have fun.

Keir Hardie Park, Tarling Road, E16
Monday 26 October, 12-2.30pm

Central Park, High Street South, E6
Tuesday 27 October, 12-2.30pm

New Beckton Park, Savage Gardens, E6
Wednesday 28 October, 12-2.30pm

Plashet Park, Plashet Grove, E6
Thursday 29 October, 12-2.30pm

Stratford Park, West Ham Lane, E15
Friday 30 October, 12-2.30pm

Disability Sport Sessions (11-25yrs)

This two-day inclusive sports festival is aimed at children and young people with pan-disabilities. We provide a wide variety of sports and activities in a supportive environment with high levels of staffing and expertise. Pre-booking is available by calling 0300 124 0123.

Monday 26 & Tuesday 27 October, 10am-2pm, Newham Leisure Centre.

MORE Highlights

Kid's Stuff (5-11yrs)

Newham Leisure Centre's Kids Playscheme combines sports activities and imaginative arts and crafts.

Monday 26 to Friday 30 October, 8am-6pm

£13.75 daily or £56.80 for the five days Advanced booking is required for this scheme – call 0300 124 0123

Active Newham Swim School Crash Courses (all ages)

Intensive five-day swimming courses at Balaam, East Ham and Newham Leisure Centres. Whatever your standard of swimming, activeNewham Swim School can help you get started or to improve your skills in the water.

Monday 26 to Friday 30 October, throughout the day

For each five-day session: £21.15 Junior, £30 adults, £14 concessions. Participants must have an activeNewham membership before booking on to a lesson. Call 0300 124 0123 to book your place and to find out more.

Football Training Camp (5-12yrs)

Have fun improving your football skills at these coaching sessions and games.

Thursday 29 October, 10am-3pm Central Park, High Street South, East Ham, E6 (Meet at the grassed area)

£10. Pre booking is essential for this training camp. Call 0300 124 0123.

Cricket Coaching at West Ham Park (6-16yrs)

A fun outdoor cricket programme in West Ham Park with qualified coaches teaching technical skills. Whatever your ability we will ensure that you have fun while improving your cricket.

Monday 26 to Wednesday 28 October, 10am-1pm, West Ham Park, Upton Lane, E7

£5 per day or £12 for all three days if booked in advance. Pre-booking essential, call 0300 124 0123.

Have Fun On The Farm

Come along to Newham City Farm, Stansfeld Road E6, and meet the animals. Every day there are activities going on where you can learn about the many animals on the farm.

Sunday 25 to Thursday 29 October

For information about the times of activities every day please visit www.activenewham.org.uk or call 0300 124 0123

For more on half-term events and activities, pop in to a leisure centre or library, visit www.activeNewham.org.uk/half-term or call 0300 124 0123

Leisure centres

Newham Leisure Centre, 281 Prince Regent Lane, E13 8SD

Balaam Leisure Centre, 14 Balaam Street, E13 8AQ

East Ham Leisure Centre, 324 Barking Road, E6 2RT

Manor Park Fitness Centre, 464 High Street North, E12 6QN

Have your say

on the proposal for the new Silvertown Tunnel

We're giving you an opportunity to have your say on the proposal for a new tunnel at Silvertown, before a planning application is submitted in Spring 2016. The new tunnel will:

- Reduce queuing at the Blackwall Tunnel by providing a nearby alternative river crossing
- Offer new cross-river bus link opportunities
- Support the creation of new jobs and homes

Our scheme includes a proposal to introduce a charge to use the Blackwall and Silvertown Tunnels. This would help manage traffic-flow and fund the new tunnel.

To find out more please visit
tfl.gov.uk/silvertown-tunnel
or go to your local roadshow:

Canning Town Library, Barking Road, E16 4HQ
Saturday 24 October, 10:00-16:00

Britannia Village Hall, 65 Evelyn Road, E16 1TU
Tuesday 27 October, 12:00-19:00

The consultation ends 29 November 2015

MAYOR OF LONDON

TRANSPORT FOR LONDON
EVERY JOURNEY MATTERS

Newham London

Share your views and help improve Newham through better connections and neighbourhoods for local people.

PASTA
PHYSICAL ACTIVITY THROUGH SUSTAINABLE TRANSPORT APPROACHES

You can earn rewards for your time.

www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Public Health England

NHS

Have you still not had your flu jab?

If you're 65 or over or you have an existing health problem, flu can be dangerous.

That's why you're eligible for a free flu jab.

Don't put it off. Contact your GP to make an appointment straight away.

STAY WELL THIS WINTER

nhs.uk/staywell

Newham London

Time for **Technology**

Newham's older residents are being helped to make the most of tablets, computers and smartphones with classes tailored to their needs. Time for Technology is the result of a partnership between East Ham Community Neighbourhood and Newham Collegiate Sixth Form Centre. Every Monday and Wednesday afternoon between 1.30-3.30pm, during term-time, students from the Sixth Form volunteer their time to lead the sessions at East Ham Library.

With the move of many services online, there has been increased need for residents to be able to navigate technology. For example, the 60+ London Oyster photocard (available for all residents over the age of 60) can only be accessed by applying online.

One resident who has benefited from the classes is Martin Opuku, 64. He said: "I am a regular user of the library, and I've had a laptop for some time now. The students have been able to give me some pointers on using e-mail, and Microsoft Word – I'll definitely return."

The young volunteers are keen to promote the scheme. Samira Kanwal, 17, is one of the students helping to run the sessions. She said: "When I heard about these classes, I couldn't wait to get started. I thought it would be a great experience and I could learn a lot from it too. There are many benefits that come with today's advancing technology but it can be a little difficult to keep up with it all. I feel that everyone should be able to benefit as much from technology as I do, especially senior citizens."

Councillor Frances Clarke, Cabinet member for financial inclusion and health promotion, is encouraging more people to take advantage of the service. She said: "Nowadays, many services and benefits are applied for online, so it's vital that we can all understand how to do this. I am grateful to the students of the Newham Collegiate Sixth Form Centre for offering to provide this support – it is a very helpful service and it is fun."

For more information about Time for Technology, call East Ham Library on 020 3373 0827.

Cllr Clarke, left, and students, show how it's done.

London Borough of Newham
EAST HAM
COMMUNITY NEIGHBOURHOOD

RACE FOR THE STARS

The Race Of Champions is an annual contest that stars some of the racing world's best drivers from motor sport's major disciplines. Competitors from Formula 1, Le Mans, Rallycross, Touring Cars and MotoGP face each other in a two-day event, driving identical cars, in a bid to find the ultimate champion.

During the event's 25-year history, it has visited Paris, Beijing, Bangkok and Barbados, and this year the competition comes to Newham's former Olympic Stadium.

Some of this year's drivers, including Williams Martini Racing's official test driver Susie Wolff and F1 star Daniel Ricciardo, showed off their skills at a practice session in Queen Elizabeth Park, getting to grips with the high performance Ariel Atom cars.

> **"It's set to be a high octane weekend that will once again show our ability and passion to stage occasions like these."**

Representing England, two-time British Touring Car champion Jason Plato is looking forward to racing in the Stadium. He said: "It's going to be great. It's an iconic place and there are some amazing drivers. We've got some great bits of driving kit to play with. The Ariel Atom cars are great fun, but require skill to drive quickly. They're new and undamaged at the moment but I'm sure that will change!"

Mayor Sir Robin Wales welcomed the drivers to the borough, and took a spin on the track with last year's champion David Coulthard. Young people from Stratford's Carpenters School also met the drivers. Sir Robin said: "I am delighted that Newham is the venue for another world class event.

"The Race Of Champions shows the continued draw of the iconic former Olympic Stadium to hold prestigious events like this. It's set to be a high octane weekend that will once again show our ability and passion to stage occasions like these."

The Race of Champions will take place over the weekend of 20-21 November. Other drivers competing include F1's Sebastian Vettel, Nico Hülkenberg and Felipe Massa plus greats of Le Mans and MotoGP. Tickets for the 2015 Race Of Champions are still available from **www.raceofchampions.com.**

Stunt driver Terry Grant

The drivers with Sir Robin (second left) and Martin Offiah (right)

Carpenters School pupils

The Mayor with David Coulthard

TAKE YOUR SEATS FOR RUGBY LEAGUE

On Saturday 7 November, the former Olympic Stadium hosts yet another historic sports event as England's Rugby League team take on New Zealand.

It is the first time Rugby League has been played at the Stadium and Newham residents are being offered a chance to snap up discount price tickets to cheer the England team to victory.

The match is the middle game of a three-match Test series against the Kiwis, who are the best team in the world at the moment. The England players are hoping that the support of a passionate home crowd can inspire them in the same way that Jessica Ennis-Hill, Mo Farah and Greg Rutherford were roared on to Gold medal success at the 2012 Games.

Rugby League is a great day out for sports fans of all ages. It is a fast, fun family sport and you can expect thrilling action and a brilliant atmosphere.

Newham Council has teamed up with the Rugby Football League to make up to 1,700 Category C adult tickets (normal price £27) available for Newham residents at discount rate of £13.50.

Sam Tomkins, England's second highest try scorer of all time, can't wait to get on the former Olympic Stadium pitch. He said: "First with the 2012 Games, then Rugby World Cup 2015, and now England Rugby League against the Kiwis, this great stadium is once again getting the top-quality sport it deserves. The chance for us to play where Olympians and Paralympians won Gold medals is massive for my sport and we take inspiration from that.

"It's fast becoming an iconic stadium in England and for us to beat the Kiwis there will only add to that. When you're in the stadium and it's buzzing and you see collisions between players and fast tries being scored, it's a great spectacle. Watching on TV is nothing like watching it live."

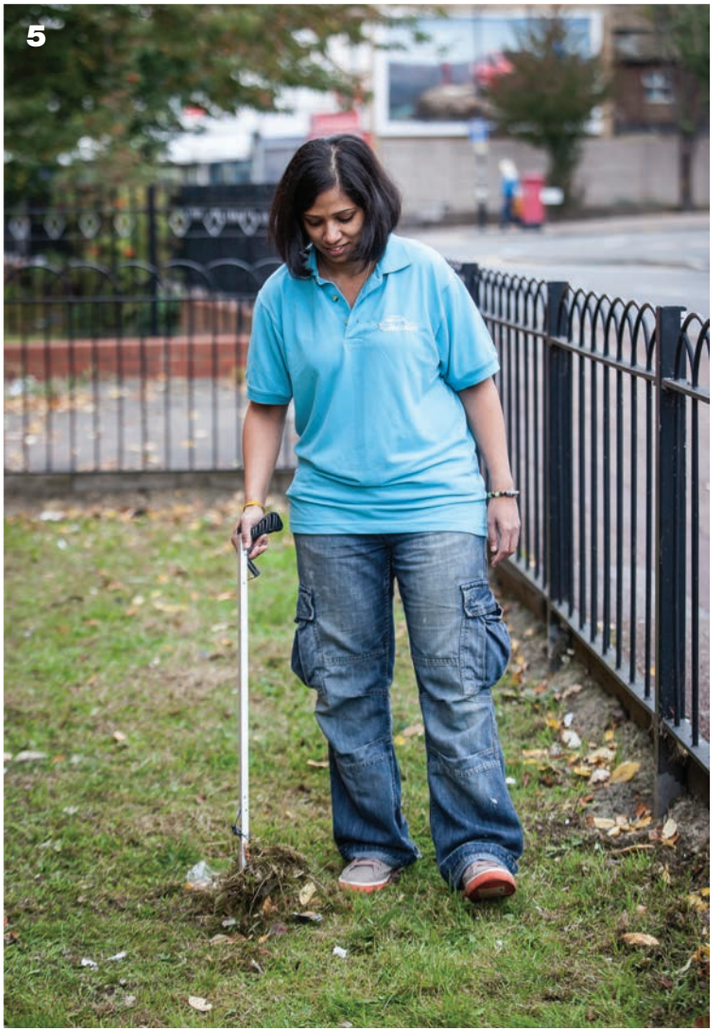
To take advantage of the discount ticket offer visit: **www.rugbyleaguetickets.co.uk/international**

Select Category 3 (£27) tickets and enter the Promotional Code **Newham50**

The offer will close on at 5pm on Friday 30 October.

England stars James Roby, Sean O'Loughlin, Chris Hill and Kallum Watkins

Newham in pictures



1 You drive me crazy! Pupils from Carpenters School took pedal cars for a spin at a practice session for the Race of Champions, coming to the former Olympic Stadium, E20 in November. **2** Check mate! Young people enjoyed a chess tournament at The Gate Community Neighbourhood Centre, E7. **3** Hear hear! Candidates to be Newham's next Young Mayor attend a hustings at the Council Chamber in East Ham Town Hall, E6. **4** Give it a try! Students enjoy a game of rugby at Rokeby School, E16. The school was recently awarded the All School's Gold Standard Award for rugby provision. **5** Cleaning up the community. Volunteers pitched in to tidy up Vicarage Lane Community Centre, E15.

Newham London

You can RECYCLE all these PLASTIC items from around your home

good to know

Top tip:

Remember to **remove** and put **trigger spray** and **pump dispenser tops** in your rubbish bin.

good to know

Plastic bottles can be recycled into footy shirts, fleeces and new plastic bottles.

If you are unsure about any items or want to check a collection day visit **www.newham.gov.uk/recycling**

recycle for London

Open all hours

From Monday 9 November, seven out of Newham's ten libraries are extending their opening hours.

At the moment, most libraries in the borough have late opening until 8pm on one or two nights a week. However, with the new opening times, these libraries will be open in the evening on six nights a week, making it easier for everyone to access the facilities available.

The opening hours at Newham's other three libraries in Plaistow, North Woolwich and Custom House will remain the same.

Councillor Ken Clark, Cabinet member for building communities, public affairs, planning and regeneration, said: "Opening these libraries and community neighbourhood centres for longer will allow residents to take full advantage of the fantastic facilities available.

"By managing our budgets carefully, we are able to implement these changes without spending any extra cash, providing residents with better value for money. When the libraries are operating their new opening times, people that work during the day will still be able to access their local library and all the services that are provided there."

Library	New opening times
Stratford	*Monday-Saturday 9.30am-8pm, Sunday 1pm-5pm*
East Ham	*Monday-Friday 9am-8pm, Saturday 9.30am-8pm*
Beckton	*Monday-Saturday 10.30am-8pm*
Canning Town	*Monday-Saturday 10.30am-8pm*
Green Street	*Monday-Saturday 10.30am-8pm*
The Gate Community Neighbourhood Centre	*Monday-Saturday 10.30am-8pm*
Manor Park	*Monday-Saturday 10.30am-8pm*

In addition to wide-ranging book selections, Newham's libraries offer facilities for a huge range of groups and activities, including storytelling sessions for toddlers, computer courses for adults, English classes for speakers of other languages, and arts, crafts and games clubs. All libraries also offer free use of computers and the internet.

The address for your local library can be found on page 38. You can apply to join a library online or in person at any branch, if you take a form of ID with you. For more information about the services offered in Newham's libraries, visit **www.newham.gov.uk/libraries**

Proud dad now coming of age

Most of us can pinpoint that time in our life which can be defined as our "coming of age". The Theatre Royal Stratford East's next production, Anita and Me, tells the story of a teenager who is growing up fast.

Ameet Chana on stage with Mandeep Dhillon (Meena)

The play has been adapted from actress Meera Syal's novel and film of the same name, describing her 1970s childhood in the only Punjabi family in a West Midlands mining village during the era of flares, power cuts and glam rock.

It is told through the eyes of irreverent teenager Meena who befriends the feisty Anita. She thinks she's found a soul mate, but her world is turned upside down and she finds herself caught between two cultures.

Former EastEnders TV star Ameet Chana plays Meena's father Shyam. He said "East London and the West Midlands experienced the same kind of 1960s and early 70s migration and integration of Asians. Newham is going to love this story.

> **"The play works beautifully on stage because we are able to tell in two hours a story of a coming of age over a summer holiday"**

"People's understanding of community is far deeper now than it was when the film version came out 15 years ago. The play works beautifully on stage because we are able to tell in two hours a story of a coming of age over a summer holiday."

It is a play with music. "I have a huge dance routine at the end with a bit of Bhangra, and a beautiful old-school Bollywood song in the middle of the first act," Ameet said.

Many young people will be familiar with the story because it is a study text on the GCSE curriculum. Said Ameet. "I grew up reading Of Mice and Men and To Kill a Mockingbird for my GCSEs. Both are amazing but difficult to connect with. Anita and Me is a world that 14 and 15-year-olds will appreciate because they have Asian friends, black friends and white friends."

Ameet plays the father of main character Meena and is drawing on his real life experience of being dad to a four-year-old girl. He said: "That's what got me the job to be honest. At the audition director Roxana Silbert said 'you do dad very well'. My daughter is everything to me. In the play Meena is 13 so this is preparation for me for a few years time. I've been acting for 25 years. I need to be looking at the older roles."

He feels the story reflects the journey his East African Indian parents made to this country. "The stories that they told me are not dissimilar to what happens in Anita and Me. I really wanted to be part of something that tracks their journey into England."

Having just turned 40, Ameet just about recalls flares and glam rock and being told what to do by his parents. He said: "I can remember at the age of five being made to wear a white suit with a frilly shirt and bow tie. There is a lovely moment in the play when Meena is forced to wear a hideous dress because an auntie and uncle are coming round."

He has performed at Theatre Royal Stratford East before. "It's one of my favourite buildings and a joy to be there. It understands its surrounding area and community and generates work that attracts people who wouldn't normally go to the theatre.

"I saw a play there 20 years ago called D'Yer Eat with Your Fingers. It was the first time I had seen saw a group of actors on a stage depicting their journey and their life as British Asians. It was a sketch show and some of it went on to become Goodness Gracious Me on TV.

"There are characters in Anita and Me that many people will say 'that's me'. This show will appeal to everyone. It's an amazing story, and everyone's been on a journey like this. We can all point to a summer holiday where we can say we grew up."

Anita and Me runs from 29 October to 21 November. Tickets start from £7 to £23.50. Call 020 8534 0310, visit www.stratfordeast.com or go to the theatre in Gerry Raffles Square, E15.

Newham London

Is your child due to start primary or secondary school in September 2016?

Secondary: Children born 1 September 2004 – 31 August 2005
Primary: Children born 1 September 2011 – 31 August 2012

Apply online, to apply on time.

- It's **sa e** and **secure**
- Automatically get entered into the **ri e draw** to get help in buying your child's school uniform*

For more information about school admission:
www.newham.gov.uk/schooladmissions
020 8430 2000

*Prize draw terms and conditions: All online applications will be automatically entered into the prize draw. Only one entry per application. There is no charge for entering. There is no cash equivalent for the prize (vouchers will not be provided). Decision of the award of prizes by the council is final. Winners will be required to take part in PR and have their photograph taken.

Newham London

Save time when you **do it online**

We are making it easier for you to reach and do business with us. You can now access information and services at a time that suits you, 24 hours a day, 7 days a week.

www.newham.gov.uk/doitonline

Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

Get Composting!

Did you know your old garden debris has the potential to give you a free supply of top quality compost with very little effort?

As many of you begin to prune, trim and prepare your garden for the winter months you may be thinking about how to dispose of garden waste. Did you know you can use your garden waste to produce your own compost? Simply throw it into a compost bin and it will rot down to produce environmentally friendly compost that, when added to the garden, will suppress weeds and retain moisture throughout the dry months.

Benefits of home composting:

- **> it's easy to make and easy to use**
- **> produces a free continual source of the very best compost**
- **> improves soil structure**
- **> maintains moisture**
- **> helps the soil PH balance**
- **> suppresses plant disease**
- **> reduces the need for polluting bonfires**
- **> reduces carbon emissions**
- **> helps to divert organic waste from landfill**
- **> reduces refuse collection costs**

Composting at home for just one year can save global warming gases equivalent to all the CO2 your kettle produces annually, or your washing machine produces in three months. You can compost more than just garden waste – you can add some food and paper waste to your compost bin too!

What to compost

- **> Fruit and vegetable scraps**
- **> Old cut flowers**
- **> Crushed egg shells**
- **> Vegetable peelings, salad leaves and fruit scraps**
- **> Old flowers and nettles**
- **> Tea bags and coffee grounds**
- **> Grass cuttings**
- **> Soft prunings**
- **> Annual plant and weed remains (before they have set seed)**
- **> Cardboard (torn up)**
- **> Newspaper**
- **> Paper bags (not plastic) and scrunched up or shredded paper**

What not to compost

- **> Diseased plants and perennial weeds eg bindweed**
- **> Meat and fish**
- **> Dairy**
- **> Cooked food**
- **> Coal ash**
- **> Cat and dog litter**
- **> Disposable nappies**

To encourage residents to get composting, Newham Council has teamed up with Getcomposting.com to offer home compost bins at special offer prices from only £4 including delivery!

Getcomposting also have exclusive offers on a range of other great green products, including special offer water butts with buy one get one half price and a selection of gardening accessories.

Visit **www.newham.getcomposting.com**

workplace
Creating a better future

Newham London

Need some cash in time for Christmas?

Workplace are currently recruiting for over 1,000 seasonal vacancies at Westfield Stratford City and across London.

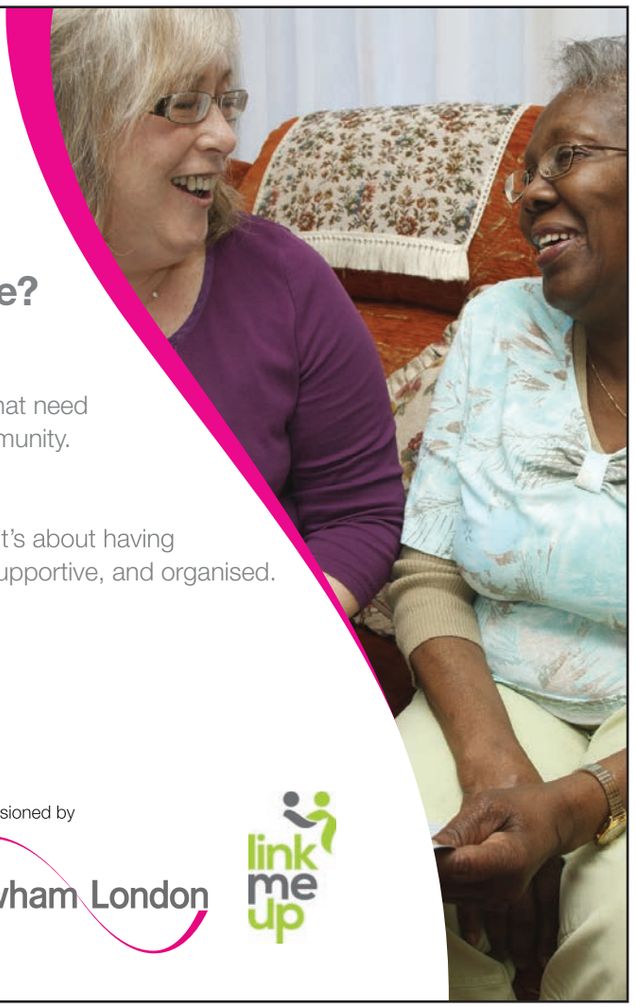
There are part-time and full-time opportunities, temporary and permanent roles on offer in lots of different industries including retail, hospitality and security.

Find out more by:
Calling us between 9am-5pm to get registered on **020 3373 1101**.

You can also register online at **www.newhamworkplace.co.uk**

Or visit us at:
Newham Workplace
Boardman House
64 Broadway
Stratford
E15 1NT

Vibrance
involving people, inspiring lives



Enjoy working with people?
Looking for a varied, flexible and rewarding role?
Then join our PA Register

The LinkMeUp Personal Assistant (PA) Register is a matching service for people that need support with everyday living, from personal care to accessing services in the community.

We're now recruiting PAs to join LinkMeUp
There are no formal qualifications required and work experience is not essential – it's about having the right attitude. We are looking for people who are friendly, reliable, respectful, supportive, and organised. Hours are flexible and can be built up around your own commitments.

Find out more
- Visit our website: **www.linkmeup.org.uk**
- Email us: **linkmeup@vibrance.org.uk**
- Call us: **020 8477 1815**

If you require a PA to meet your support needs then visit our website or call the above number and speak to our team. Alternately you can call Newham Adult Social Care on 020 8430 2000 (option 2)

commissioned by
Newham London
link me up

On your bike...in the Olympic Park

A new inclusive cycling programme at Queen Elizabeth Olympic Park and Lee Valley VeloPark has seen participants enjoy more than 600 bike rides in its first few weeks.

A series of different sessions cater for all levels of ability and disability, running every Monday and Tuesday, and on alternate Saturdays. The programme is delivered by the All Ability Cycling Hub at Chobham Manor, which opened this summer and is run by local social enterprise Bikeworks.

The All Ability Cycling Hub provide more than 40 bicycles, including a bike car, wheelchair platform bikes and a number of other specially adapted bikes. For those who want to take their cycling up a gear, the Hub runs tailored endurance sessions on the road circuit at Lee Valley VeloPark. In the next six months the Hub also plans to host inclusive cycling competitions. For more information and to book, contact Bikeworks at**www.bikeworks.org.uk** or email **enquiries@bikeworks.org.uk**

St Antony's celebrates

St Antony of Padua Catholic Church in Forest Gate has celebrated a spiritual week of events as part of its Parish Mission Week.

Beginning on the feast of St Francis of Assisi, October 4, the week included a candlelit Songs of Praise evening in the church with a countdown of the Parish's favourite hymns. Local composer and musician Edwin Fawcett led the event, revealing that Amazing Grace had been voted the congregation's favourite hymn.

A Priests and Parishioners Revue talent show was also held in St Antony's Primary School, and the week finished with an evening mass on Saturday night, with many in the congregation dressing in their national costume. The pews came to life with colourful outfits from Dominica, Uganda, Jamaica, Latvia, Lithuania, Sri Lanka, the Phillipines, Ghana and Nigeria sitting side by side.

Half-term tasters with the Sea Cadets

The Sea Cadets are inviting young people from Newham aged 10-18 to get out on the water this half-term and try their hand at a number of activities including sailing, canoeing, rowing and kayaking.

Two sessions will be run each day from Monday to Friday, with sessions starting at 10am and 1.30pm – alternatively, youngsters can attend for the whole day.

The Cadets are based at the Watersports Centre on Dockside Road, E16, and all activities are delivered by fully qualified instructors, with all safety equipment will provided. Although spaces are limited, there is still some availability. For more information or to reserve a space, email **lgoodey@ms-sc.org** or call **020 7055 0585.**

Celebrating older people

More than 100 people attended a celebration of Older People's Day at West Ham United Football Club. The event, organised by Newham Council, provided information, help and advice on issues including finance, health, fitness and social care, and keeping safe. Workshops and discussions were held by providers that included AgeUk, Trading Standards, Falls Prevention Clinic, Barclays Digital Eagles, adults safeguarding team, Community Neighbourhood Link Workers and Talking Therapies.

Councillor Clive Furness, mayoral adviser for adults and health, was also in attendance to meet residents and discuss issues and concerns. For more information on social care for older people, call **020 3373 2877** or email **CHsocialcare@newham.gov.uk**

Cllr Furness, left, meets residents

Green-fingered volunteers needed

The East Ham Nature Reserve Conservation Volunteers are in need of more people to held maintain the nine-acre site. While suitable clothing and footwear are required, all tools and training will be provided.

Penny Evans, one of the volunteers, is encouraging more people to come along. She said: "The more volunteers we can get, the better. You don't need to have any experience or be particularly fit. There are jobs to suit all abilities, from cutting back ivy to reveal gravestones, to challenging tree cutting, bramble clearing and hedge laying. We have a break for free tea and biscuits, so it's a social event as well as good exercise."

The volunteers meet every Wednesday between 10am and 1pm at the Visitor Centre on Norman Road.

For more information call **07845 973 156**. Saturday sessions will also be run on 31 October, 28 November and 19 December.

Kaizen kids make French connection

Year 6 pupils at Kaizen Primary School in Plaistow have been enjoying the sights of Normandy in northern France. In a four-day residential trip, pupils visited the town of Bayeux to learn about the famous tapestry, and the nearby Omaha beach – one of the landing sites for the D-Day campaign of 1944 – to learn more about both French and British history.

The trip also offered the perfect opportunity for children to test our their French, and shop for delicacies at a local market. Before heading back to London, the pupils even got the chance to tour a tempting chocolate factory.

Vicky Paver, Trainee Head Teacher said: "The children had a fantastic time, and their behaviour was outstanding."

SUPPORTING DOMINICA

In August, the Caribbean island of Dominica was hit by tropical storm Erika, causing huge damage to the economy, communities and livelihoods.

The Government of Dominica is grateful to the United Kingdom, the Caribbean countries and the international community for the initial response to the humanitarian needs. The country now faces a long and expensive road towards rehabilitation and financial support is still urgently needed.

Dominica's High Commission has been working tirelessly to secure funds and donations towards the rebuilding of Dominica. Former Newham Councillor and Civic Ambassador Pearson Shillingford met with the Acting High Commissioner Janet Charles to discuss what more communities in the UK can do to support Dominica.

Across Newham many people have family connections to Dominica, and will want to support the relief efforts. The appeal is ongoing and financial donations are being encouraged. Please visit the websites **www.dominicahighcommission.co.uk** or **www.opm.gov.dm** for further information.

Kids' Corner

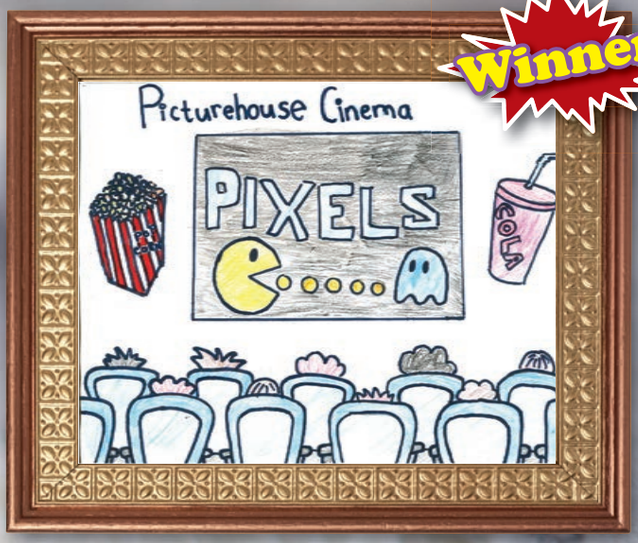
PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Tasneen Hossain, 9

Krithya Bharanidharan, 8



Tasnima Rahman, 12

Christian Burog, 10

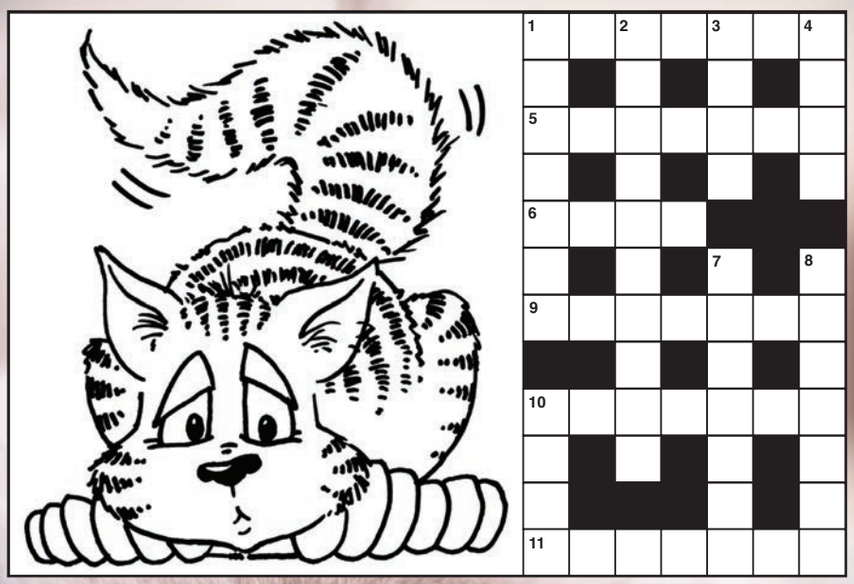
Free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword



Across

1. Young cats (7)
5. Speaking (7)
6. Structure in which bees are kept (4)
9. Bag which holds a horse's feed (7)
10. Small Italian dumplings (7)
11. Three-pronged spear (7)

Down

1. Place in the house where meals are cooked (7)
2. People watch cartoons on this (10)
3. Way-out (4)
4. Wise man…or a herb used in cooking (4)
7. Disgusting (7)
8. Opposed to (7)
10. Animal associated with the sign of the zodiac Capricorn (4)

Poem

Chickenpox

Chickenpox, chickenpox, how bad are you
you make me ill,
you make my body itchy.

You've turned me into a leopard,
You make me miss my friends and my teachers.
You make me sad,
I hate you so much.
Never come near me or my siblings.

Nkengbeza Asonganyi, 5

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Market Games** – Wed 28 Oct, 2-5pm, Queens Market E13. Free sports events and activities, for those aged nine-19, or up to 25 if you consider yourself to have a disability. For more info email **CN.GreenStreet@newham.gov.uk** or call **020 3373 0857**

2. **Plaistow Halloween Party** – Thurs 29 Oct, 4-6pm, Plaistow Library. Plaistow community neighbourhood are throwing a free party, with face painting, spooky storytelling and a fancy dress competition. For more information call **020 3373 0859** or email **Chantal.boodhoo@newham.gov.uk**

3. **Celebrating Older People** – Sun 25 Oct, 3-7pm, Hamara Ghar, Green St, E13. Free activities to keep you happy, healthy and socially active. For more information email **CHSocialCare@Newham.gov.uk** or call **020 3373 2809**

HALLOWEEN FUN RUN

An event for the whole family, join the Halloween Fun Run at Queen Elizabeth Olympic Park on Saturday 31 October.

With a 5k run for adults, and a 2k run for children, the event is open for all ages and abilities, and you can complete the course at your own pace.

Dress up in your best scary costumes and receive a goody bag and a medal once you have crossed the finish line. Entries cost £5 per adult and £3 for under 12s, or two children can run free with every adult.

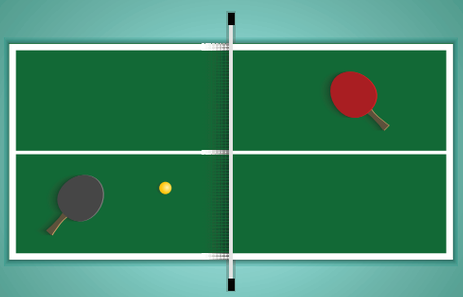
The run begins at 10am, with registration opening at 9.30am, at the Timber Lodge, Queen Elizabeth Olympic Park, E20 2ST. To register call **0300 124 0123** and for more information email **cnourrice@englandathletics.org**

TRY SOMETHING NEW... TABLE TENNIS

As the nights draw in and temperatures drop, you might be looking for an activity to try indoors. Fortunately, there's never been a better time to give table tennis a try in Newham.

Beckton Table Tennis Club is open to all age groups, with sessions available on Saturday mornings at St Mark's Community Centre on Tollgate Road E6, and at Langdon School on Sussex Road, E6 on Tuesday, Thursday and Friday evenings, as well as Sunday mornings. All sessions cost just £3.

For information on timings and how to get involved, visit **www.becktontabletennisclub.co.uk** or call **020 7476 4580.**



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 10.30-11.30am, Beckton

Rhyme Time
Tues, 10.30-11.15am, North Woolwich

Storytelling
Mon 2 Nov, 10.30-11.15am, Custom House; Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Tues 10-11am, Sat 11.30am-1pm, Green St; Tues, 10.30-11.30am, Canning Town; Tue 3 Nov, 10.30-11.30am, The Gate; Tue 3 Nov 10.30-11.30am, Thurs 5 Nov 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park

Stay and Play
Support for parents and carers to develop their child through play. Mon to Thurs 11am-12noon, Sat 12noon-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Wed 4 Nov 10am-12noon, Sat 7 Nov 11am-1pm, Stratford; Thurs 5 Nov, 1.30-3.30pm, Jack Cornwell C.C

Music and Movement
Sessions for parents/carers and children. Mon, 10.30-11.30am, Grassroots

Music and Rhyme
Tues 3 Nov, 10.30-11.15am, Custom House

Baby Sensory Sessions (0-13 months) *1st Thursday of the month 10-10.45am, Beckton*

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess, Checkers, Ludo, Pictionary and more. Tues 3 Nov 4-5pm, Fri 6 Nov 4-5pm,

Stratford; Thurs, 4-6pm, Custom House; Thurs 5 Nov, 4.30-6pm, North Woolwich; Wed 4 Nov 5.30-7.30pm, Thurs 5-6pm, Green St; Sat, 2.30-4pm, Manor Park

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Tues, 3.30-5.15pm, Custom House; Mon, 3.30-5pm, Plaistow; Thurs, 4-6pm, Canning Town; Wed, 3.30-5pm, Forest Gate

Froud Young Project (7-16yrs)
Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (5+yrs)
Mon 26 Oct, Tue 27 Oct, Weds and Fri 4-5pm, Sat 1-2pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

Children's Movie Matinee (0-13yrs)
Sat 3.30-5.30pm, Green St

Let's Start Sewing (7-16yrs)
Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email theteam@kefoundation.org.uk

Spelling Bee Club (7-13yrs)
Mon, Tues, Thurs, Fri, 3.30-4pm, Green St

Spanish Club (7-14yrs)
Weds, 4-5pm, Beckton. Email vane_macia@hotmail.es

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Homework Club
Term time only. Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Weds, 3.30-5.15pm, Manor Park; Thurs, 4-6pm, Plaistow; Sat, 10am-12noon The Gate; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5pm, Beckton; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St

Half Term Fun
Halloween-themed activities for all the family. Mon 26 Oct – Sat 31 Oct. For information email CN.GreenStreet@newham.gov.uk or call 0203 373 0857

ACTIVITIES AND SUPPORT

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 3.30-5pm, Green St; Thurs, 5.30-7.30pm, Stratford; Fri, 3.30-5.15pm, The Gate

Coffee Mornings
Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Wed 28 Oct, 10.30am-12noon, Green St; Thurs, 10-11.30am, Canning Town

Do It Online (18yrs+)
Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon and Thurs 10am-12noon, The Gate; Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Mon, 10.30am-12.30pm, Manor Park; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 10am-12noon, Green St; Tues, 10am-12noon, Katherine Road C.C; Wed, 10am-12noon, Plaistow

Knit & Natter (16yrs+)
Weds, 10am-12noon, Beckton; Fri, 10.30-11.30am, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Weds, 10.30am-12.30pm, Green St

ICT Surgery
IT advice for all ages. Weds, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town

Love Newham app drop-in Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 10am-12noon, The Gate; Fri, 10am-12noon, Green St

Bingo Night (16yrs+)
Thurs, 6-7pm, Green St

Deafroots Deaf Club
Opportunity to learn new and exciting things for members including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242778.

Support in Action
Thurs, 12noon-4pm, Jeyes C.C

Get on Target Business Advice Surgery Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

SpEC Speaking English with Confidence
Mon, 10-11am, North Woolwich; Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds 10-11am, Thurs 10-11am, Green St; Thurs 6-7pm, Stratford; Weds, 10-11am, Manor Park; Weds, 11am- 12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House; Weds, 10-11am, Beckton

Chai and Chat Women Group (18yrs+)
For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

Adult Reading Groups
Thurs 5 Nov, 6.45-7.45pm, Plaistow – contact library for current book

Rabbits Rd Institute Conversation Club
Thurs, 3-4pm, Manor Park

Together We Can
Fortnightly social group for adults under 50 who have had a stroke. Fri 30 Oct, 2-4pm, Plaistow

Life in the UK Classes
12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

Cake Decorating
Weds, 10am-12noon, Katherine Road C.C. Call 020 8522 5772 to enrol.

ESOL for Beginners
Mon, 10-11am, Green St; Tues and Fri, 1-3pm, Plaistow; Tues 9.30am-12noon and Fri 9.30am-12.30pm, Jack Cornwell C.C; Weds and Thurs, 9.30-11.30am, Katherine Road C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Road C.C; Weds, 10-11.30am, The Hub

Writers Group
Thurs 29 Oct, 5.45-7.30pm, The Gate

Film Club
All ages welcome. Sat 24 Oct, 2pm (Toy Story 3); Sat 31 Oct, 2pm (Hocus Pocus), Plaistow

Heritage Month Exhibition
Celebrating Plaistow's heritage, during October normal opening hours at Plaistow Library.

Community craft workshop Tues 27 Oct, 3-4pm, Plaistow

Halloween Fancy Dress
Thurs 29 Oct, 4-6pm, Plaistow

Workplace Drop-in
Thurs 5 Nov, 2.30-4pm, Canning Town

Community Networking Morning Weds 28 Oct, 10am-12noon, The Gate

Oral Health Drop-in
Thurs 5 Nov, 3-5pm, The Gate

Table Top Sale
Sat 31 Oct, 9am-2pm, Jack Cornwell C.C. £5 per table.

Let's Get Cooking
A ten week cookery course. Free for over-16s. Weds, 10am-

12noon, Jack Cornwell C.C.

Grants Surgery
Find out more about Let's Get the Party Started and Go For It grants. Mon 2 Nov, 3.30-5pm, Green St

UEL Drop-in Tues 3 Nov, 10.30am-12.30pm, The Gate

Safer Neighbourhood Drop-in Tues 27 Oct, 11am-12.30pm, Custom House; Thurs 29 Oct, 10-11.30am, Canning Town; Fri, 12noon-1pm, Stratford

Digital Citizens
Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

Fundraising Book Sale
All money raised will support Syrian refugees. Sat, 9.30am-5.30pm, Green St

Meet your local Councillor Sat 31 Oct, 10-11.30am, Green St

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk

Mums2be Meetup
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Meet and Greet Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Royal Docks Learning & Activity Centre
Mon, Needlecraft, 10am-12noon, £2. **Tues,** Parent and Toddler Group, 10am-12noon, £1; Bingo, 10am-12noon, £1 **Wed,** Keep Fit, 10-11am, £2 Employment 1-2-1 support, by appointment. Creche available **Thurs,** Tai-Chi, £2, first session free, 10.30am-12noon; Line Dancing, £1, first session free, 1-3pm; **Mon-Fri,** After School Club for Gallions, Britannia Village, St Joachim's and Drew primary schools. **Mon-Fri,** Open Access After School Club, 4-6pm, £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7476 1666. Visit www.rdlac.org.uk

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs)
Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Modern Arnis (16yrs+)
Tues, 5-6pm, Jack Cornwell C.C

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16yrs+)
Fri, 4-5pm, Katherine Road C.C

Newham Shoujin Karate
Fri, 6-7pm and 7-8.30pm. Sun, 10-11am. Under-15yrs £4, 18yrs+ £6, concs £5. Newham Leisure Centre, E13. Call 07508 070 638

Docklands Shoujin Karate
Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15s £4, 16+ £6, concs £5. UEL SportsDock. Call 07766 685 689

Stratford Judo
Competition training, juniors (8-14yrs), Tues and Thurs, 6.30-8pm; seniors (15+yrs), Tues and Thurs, 8-9.30pm. Beginners, juniors (8-14yrs) Wed, 6.30-7.45pm; seniors (15+yrs), Wed, 7.45-9.15pm. From £2-£5 per class. Carpenters and Dockland Centre, 98 Gibbins Rd, E15. Call 07985 601 260..

HEALTH AND FITNESS

Tone-Tastic (18yrs+)
Mon, 2-3pm (free), Fri, 10.30-11.30am, (1.50), Field C.C

Twisted Pink Street Dance (7-18yrs) Fri, 7-8pm, Vicarage Ln C.C. £5. Contact Tahirah on 07961 544 017.

Zumba
Weds and Thurs, 7-8pm, London Tamil Sangam Centre, 396 High St North, E12 6PG. £5. Call 07720 805 505

Mash It Up, Dancehall fitness Mon, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE. £2.50.

Indoor Tennis
Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Salsa Dancing (18yrs+)
Tues, 11.45am-12.45pm, Field C.C

Zumba
All ages and abilities. Tues, 10.30-11.30am, Field C.C (£1); Mon, 9.30-10.30am, Jack Cornwell C.C (£3); Fri, 9.30-10.30am, Jack Cornwell C.C (£2, over 50s free); Fri, 12.30-1.30pm, The Hub (free for over 50s)

Aerobic Exercise
Workout and body stretching Tues, 9.30-10.30am, Jack Cornwell C.C. £2

Nordic Walking
Wed, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429; Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13; Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6

Unity Zumba
Mon and Weds, 8-9pm, Lister Room, East Ham Town Hall, E6. Tues and Thurs, 8-9pm, St Mark's C.C. Sun, 6.30-7.30pm, The Well C.C. £5. Call 07886 884 573.

50+ ACTIVITIES

Get Active, Get Healthy – Walk to the Park
Mon, 10.30-11.30am, Manor Park

Newham Striders
Daily walking group. Call 0300 124 0123.

Bingo (50+yrs)
Thurs, 7-9pm, Jack Cornwell C.C; Mon, 12noon-4pm, Jeyes C.C

ICCAN
Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C

Active & Connected
Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855

Active Centre 50+ Group
Weds, 12noon-4pm, Field C.C

Dominos Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Fifty Plus Men's Group
Tues and Thurs, 2-5pm, Katherine Road C.C

Forever Young
Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

Pilate Classes
Tues, 9.30-10.30am, Field C.C

Happy Living Club
Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Wed, 12.30-1.30pm, Manor Park

Exercise for Fitness
Thurs, 10.30-11.30pm, Manor Park

Get Active, Get Healthy
Ten-week programme of workshops about health and wellbeing. Thurs, 10.30am-12.30pm at Hamara Ghar, 412-422 Green St E13. Thurs, 1-2pm (women), 2.30-3.30pm (men), Katherine Road C.C. Email

CN.GreenStreet@newham.gov.uk or call 020 3373 0857 for more information

Walking Football
Tues, 10-11am, Prior Park E6 1QH. For more information email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Soca Aerobics
Fri, 3-4pm, Grassroots C.C.

Age UK East London Nordic Walks (18+) Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

Young at Heart Bingo Club Mon, 12noon-4pm, £1. Jeyes C.C

Ballroom Dancing Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463

Health Walks
Mon, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120. Tues, 10am, meet at Pret a Manger at Stratford station. Call 0300 124 0123. Tues, 1.30pm, meet at the corner of Wanstaed Flats at the junction of Capel Rd and Woodford Rd. Call 0844 414 2728. Wed, 10.30am, meet at Hamfrith Centre, McGrath Rd, E15. Call 07870 291 120. Thurs, 1.30pm, meet at the corner of Wanstaed Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744 555. Thurs, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120. Fri, 10.30am, meet at St Mark's C.C, Tollgate Rd, E6. Call 07908 744 555

GREEN

Green Gym
Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Grow Together Be Together Community Gardening Club
Wed, 10am-1pm. Sat, 1pm-3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

Stunt & Tumble (14yrs+)
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+)
Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Women's Martial Arts (16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Keepfit
Wed, 10am, £1, Chandos East Centre, E15. Call 07950 944 095

Women's Badminton
Fri, 1-2.30pm, East Ham Leisure Centre, E6, £2, equipment provided. Call 07930 162 505

Women United AFC (11yrs+)
Mon (term time), 6-7.15pm, £1, Kingsford School, E6. Call 07792 932 979

Athlefit (14-18yrs)
Athletic fitness, Wed, 5.30- 6.30pm, £1. Flanders C.C, Napier Rd, E6. Call 07718 394 756

Zumba and Tone
Tues, 1.15-2.15pm, £1. St Bartholomew's Church Hall, Barking Rd, E6. Call 07944 775 679

Women's Bootcamp Circuits
Mon, 6.30-7.30pm, Chandos East Community Hub, E15. £4. Call 07956 944 2

Ladies Only Keep Fit
Thurs, 10am, £1.50, Rokeby Centre, Rokeby St, E15

Sheila Yummy Mummy Buggy (16yrs+)
Mon, 10-11.30am, £5, Central Park, High St South E6 (meet outside café in the park). Fri, 10- 11.30am, Plashet Park, Plashet Grv E6. Call 07908 614 958

Zumba Fitness (16yrs+)
Mon, 6-7.30pm, 395 High St North, E12; Weds, 6.30-7.30pm, Unit 1 The Mews, Kempton Rd, E6. Contact 07508 222 752. £5

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs)
Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families Dealing with Autism
Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Support In Action (18yrs+)
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England
£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

West Ham Park Run
Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

SPORTS

Mini Tennis *Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs; Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs. £50 for 10 sessions. Email michelle.daniel@activeNewham.org.uk*

Indoor Tennis *Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk*

Woodside Badminton Club *Fri, 7.30-9.30pm, intermediate and club standard. £5 waged/£3 unwaged. Carpenters and Docklands Centre, 98 Gibbins Rd, E15. Call 07956 150 240*

Fencing with Newham Swords *Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898*

Cricket (14yrs+) *Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226 for information*

Lister Table Tennis Satellite Club (11-25yrs) *Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179*

Indoor Cricket (8-16yrs) *Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk*

Black Arrows Badminton Club *Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173*

Ramgharia Badminton Satellite Club (11-25yrs) *Weds, 6.30-8pm, Newham Sixth Form College, E13. £2. Email ramgarhia.bc@gmail.com*

FOOTBALL

AIR Football (16yrs+) *Tues, 1-3pm, Fri, 10am- 12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk*

Football and Athletics *Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16*

Football & Multi Sports *Mon, 4-5.30pm, Newham Leisure Centre, E13. Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15*

Mayor's Football League *U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13*

Premier League (16yrs+) *6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13*

WHU Kicks *Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13*

BASKETBALL

Basketball & Multi Sports *Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12*

Basketball Sessions *Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12*

National League *Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13*

NCFE Sports – Basketball *Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255*

Senior Programme *Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616*

Youngbloods Basketball *All sessions cost £1. All at St Angela's School, E7, unless stated. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm. U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm. U15/16yrs boys, Tues, 6-8pm. U17/18yrs boys, Mon and Wed, 8-10pm Call 07958 307 657*

Basketball (15yrs+) *Thurs, 6-8pm, Newham Sixth Form College, E13. Free to Yr10/11 students and NewVic students. £2 for others. Call Jermaine on 07876 874 191*

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

Tues 3 Nov, *Newham Partnership – Offender Management Delivery Group, Newham Dockside, E16, 2pm*

Thurs 5 Nov, *Mayoral Proceedings, 9am*

Fri 6 Nov, *Development Control Members' Forum, Newham Dockside, E16, 8am*

CONTACT THE MAYOR

Here to Help sessions
Please register by attending the venue 30 minutes ahead of the advertised time.
Sat 24 Oct, 10am, The Gate, Woodgrange Rd, E7
Thurs 5 Nov, 11am, Old Town Hall, The Broadway, E15

Telephone Surgery
There are no telephone surgeries in this period. For the next surgery, please check this next issue of the Newham Mag.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe *1 Kingsford Wy, E6*
Canning Town *Barking Rd, E16*
Custom House *Prince Regent Ln, E16*
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *6-8 Woodgrange Rd, E7*
Manor Park *685-691 Romford Rd, E12*
North Woolwich *5 Pier Parade, E16*
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *020 3373 6881*
Community Outreach *020 337 30813*

LEISURE & SPORTS VENUES

Balaam Leisure Centre *14 Balaam St, E13*
East Ham Leisure Centre *324 Barking Rd, E6*
Newham Leisure Centre *281 Prince Regent Ln, E13*
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Wy, E16*

COMMUNITY CENTRES (C.C)

Beckton Community Centre *14 Manor Wy, E6, 020 7511 1214*
Field Community Centre *147 Station Rd, E7 020 8536 2800*
Grassroots Centre *Memorial Park, Memorial Ave, E15 020 3373 0650*
The Hub *123 Star Ln, E16 020 3373 0750*
Jack Cornwell Community Centre *Jack Cornwell St, E12 020 8553 3459*
Jeyes Community Centre *1 James Cl, E13, 020 8548 9788*
Katherine Rd Community Centre *254 Katherine Rd, E7 020 8548 9825*
St Mark's Community Centre *218 Tollgate Rd, E6 020 7511 1214*
Vicarage Ln Community Centre *Govier Cl, E15, 020 8519 0235*
The Well Community Centre *49 Vicarage Ln, E6, 020 7586 7070*

All listings may be subject to change. Please contact individual events and activities before attending.

Newham London

Fostering

what would you say?

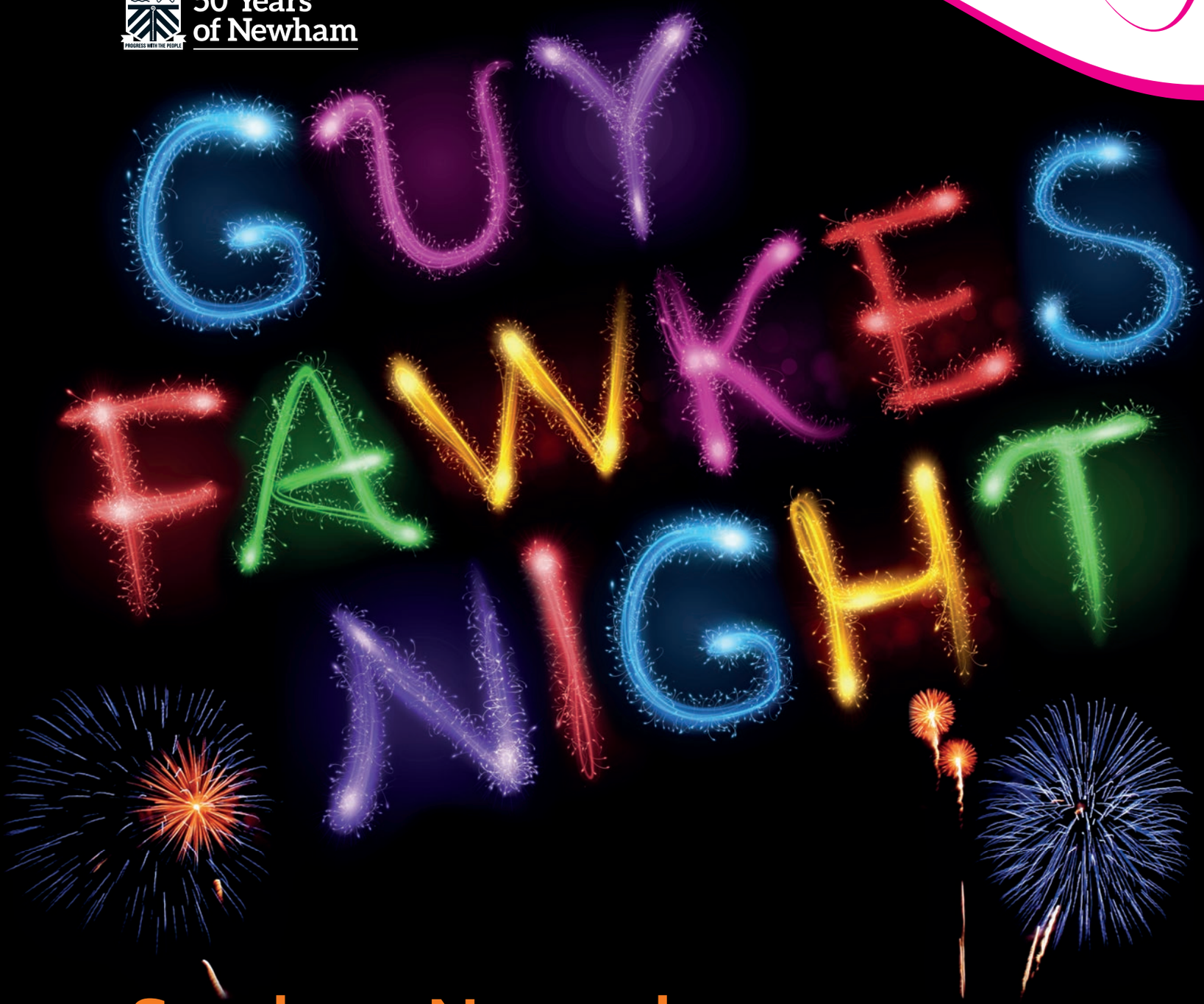
With a weekly fee for yourself and all childcare costs covered, fostering may be the new career for you

0800 0130 393

www.newhamfostering.co.uk

50 Years of Newham

Newham London



Sunday 1 November 2015

FREE fireworks display

Wanstead Flats, Centre Road, Forest Gate E7

Gates open: 5.30pm Display: 6.30pm

www.newham.gov.uk/fireworks

@NewhamLondon #NewhamFireworks

NewhamEvents

In partnership with the City of London

CITY OF LONDON

Mayor of Newham